

**Full Report (All Nutrients) 15192, Fish, cod, Pacific, cooked, dry heat**

Report Date:October 08, 2015 19:08 EDT

Nutrient values and weights are for edible portion.

**Food Group : Finfish and Shellfish Products****Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 90g	3.0 oz 85g
<b>Proximates</b>						
Water	g	80.31	--	--	72.28	68.26
Energy	kcal	85	--	--	76	72
Energy	kJ	354	--	--	319	301
Protein	g	18.73	--	--	16.86	15.92
Total lipid (fat)	g	0.50	--	--	0.45	0.42
Ash	g	1.80	--	--	1.62	1.53
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Glucose (dextrose)	g	0.00	--	--	0.00	0.00
Fructose	g	0.00	--	--	0.00	0.00
Lactose	g	0.00	--	--	0.00	0.00
Maltose	g	0.00	--	--	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00
Starch	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	10	--	--	9	8
Iron, Fe	mg	0.20	--	--	0.18	0.17
Magnesium, Mg	mg	24	--	--	22	20
Phosphorus, P	mg	345	--	--	310	293
Potassium, K	mg	289	--	--	260	246
Sodium, Na <sup>a</sup>	mg	372	--	--	335	316
Zinc, Zn	mg	0.39	--	--	0.35	0.33

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 90g	3.0 oz 85g
Copper, Cu	mg	0.024	--	--	0.022	0.020
Manganese, Mn	mg	0.015	--	--	0.013	0.013
Selenium, Se	µg	28.0	--	--	25.2	23.8
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.038	--	--	0.034	0.032
Riboflavin	mg	0.055	--	--	0.050	0.047
Niacin	mg	1.343	--	--	1.209	1.142
Pantothenic acid	mg	0.361	--	--	0.325	0.307
Vitamin B-6	mg	0.136	--	--	0.122	0.116
Folate, total	µg	8	--	--	7	7
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	--	--	7	7
Folate, DFE	µg	8	--	--	7	7
Choline, total	mg	79.7	--	--	71.7	67.7
Vitamin B-12	µg	2.31	--	--	2.08	1.96
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	2	2
Retinol	µg	2	--	--	2	2
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	7	--	--	6	6
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.67	--	--	0.60	0.57
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.6	--	--	0.5	0.5
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	0.5	0.5
Vitamin D	IU	24	--	--	22	20

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 90g	3.0 oz 85g
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.105	--	--	0.094	0.089
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.002	--	--	0.002	0.002
14:0	g	0.004	--	--	0.004	0.003
15:0	g	0.001	--	--	0.001	0.001
16:0	g	0.070	--	--	0.063	0.060
17:0	g	0.001	--	--	0.001	0.001
18:0	g	0.026	--	--	0.023	0.022
20:0	g	0.000	--	--	0.000	0.000
22:0	g	0.000	--	--	0.000	0.000
24:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.089	--	--	0.080	0.076
14:1	g	0.001	--	--	0.001	0.001
15:1	g	0.002	--	--	0.002	0.002
16:1 undifferentiated	g	0.005	--	--	0.005	0.004
17:1	g	0.017	--	--	0.015	0.014
18:1 undifferentiated	g	0.051	--	--	0.046	0.043
20:1	g	0.007	--	--	0.006	0.006
22:1 undifferentiated	g	0.001	--	--	0.001	0.001
24:1 c	g	0.005	--	--	0.005	0.004
Fatty acids, total polyunsaturated	g	0.201	--	--	0.181	0.171
18:2 undifferentiated	g	0.021	--	--	0.019	0.018
18:3 undifferentiated	g	0.001	--	--	0.001	0.001
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c	g	0.001	--	--	0.001	0.001
20:3 undifferentiated	g	0.002	--	--	0.002	0.002
20:4 undifferentiated	g	0.010	--	--	0.009	0.008
20:5 n-3 (EPA)	g	0.042	--	--	0.038	0.036

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 90g	3.0 oz 85g
22:4	g	0.001	--	--	0.001	0.001
22:5 n-3 (DPA)	g	0.005	--	--	0.005	0.004
22:6 n-3 (DHA)	g	0.118	--	--	0.106	0.100
Fatty acids, total trans	g	0.006	--	--	0.005	0.005
Cholesterol	mg	57	--	--	51	48
<b>Amino Acids</b>						
Tryptophan	g	0.231	--	--	0.208	0.196
Threonine	g	0.807	--	--	0.726	0.686
Isoleucine	g	0.833	--	--	0.750	0.708
Leucine	g	1.486	--	--	1.337	1.263
Lysine	g	1.716	--	--	1.544	1.459
Methionine	g	0.512	--	--	0.461	0.435
Cystine	g	0.167	--	--	0.150	0.142
Phenylalanine	g	0.730	--	--	0.657	0.620
Tyrosine	g	0.679	--	--	0.611	0.577
Valine	g	0.897	--	--	0.807	0.762
Arginine	g	1.204	--	--	1.084	1.023
Histidine	g	0.397	--	--	0.357	0.337
Alanine	g	1.076	--	--	0.968	0.915
Aspartic acid	g	1.870	--	--	1.683	1.590
Glutamic acid	g	2.818	--	--	2.536	2.395
Glycine	g	0.871	--	--	0.784	0.740
Proline	g	0.628	--	--	0.565	0.534
Serine	g	0.794	--	--	0.715	0.675
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Footnotes**

<sup>a</sup> Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 91 mg sodium/100g.